

The Skin is a barrier protecting the body from infection, impacts, radiation and extremes of temperature. Many types of wounds can damage the skin including abrasions (grazes), lacerations (cuts), punctures and penetrating wounds. Some wounds are deeper and may require repair with sutures (stitches), special tissue glue or steristrips. All wounds leave a scar but the practitioner will ensure the thickness and appearance of scars is minimised.

How do I take care of my wound?

- Most wounds generally take one to two weeks to heal unless they are complicated. Some wound healing may be delayed due to conditions such as Diabetes, some medications such as steroids and other factors such as age, smoking and nutrition.
- While it is healing it is recommended that you protect the area with a clean dry dressing, if a dressing cannot be applied try to keep the area clean and dry.
- If the dressing becomes wet or soiled it must be changed, do not change regularly otherwise.
- If the wound becomes red, more painful or starts discharging please see your own doctor or return to the Emergency department.

What wound treatment is used?

Tissue Glue

- This special medical glue has been applied to keep the wound edges together.
- Keep the wound clean and dry for 5-7 days, do not cover unless advised.
- A scab will form as part of the healing process which will fall off as the wound heals, approximately 7-10 days.
- Do not use any antiseptic creams over the glue.
- When the wound has healed the area may be washed and moisturised.

Steristrips

- These special strips are used to close the edges of your wound together.
- Keep the wound clean and dry for 5-7 days.
- The strips will usually fall off by themselves or the nurse or doctor may tell you when to take them off when the wound has healed. To do this peel each strip towards the middle of the wound and take off gently.
- If you need help you should make an appointment to see the nurse at your surgery.
- You can now wash and moisturise the area.

Sutures

- These have been used to close your wound as the above procedures were not suitable for your type of wound.
- These allow the skin to heal naturally when it may not have otherwise come together.
- Keep the wound clean and dry or protect the area with a clean dry dressing.
- Sutures will normally require removal between 5-10 days as directed.
- Absorbable sutures dissolve and do not need removal.
- Please make an appointment to see the nurse at your surgery for the removal of sutures when advised.

Staples

- These are generally used for scalp wounds.
- You will be given a staple remover to take to your surgery for the removal of these as directed by the practitioner.

References

- www.emedicinehealth.com/woundsandwoundcare
- www.patient.co.uk